

**JPUN**

APRIL  
NEWSLETTER

A NON-PROFIT ORGANIZATION  
SERVING OUR NEIGHBORHOOD

A Publication of Jefferson Park United Neighbors

# JEFFERSON PARK NEWS

www.jpun.org



**JPUN**

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## NEXT JPUN MEETING

JPUN General  
Membership Meeting  
Tues., April 16th  
6:30 - 7:30pm  
Riverside Baptist Church  
2401 Alcott Street  
Rear Chapel

## UPCOMING MEETINGS

JPUN Land Use Committee  
Contact Rafael @  
303-815-0506  
or [espnr@gmail.com](mailto:espnr@gmail.com)

## HAPPY HOUR

Holding Off  
This Month...  
Check Next Month!

## JPUN YAHOO GROUP

Get neighborhood  
updates at  
[http://groups.yahoo.com/  
/group/jpun/](http://groups.yahoo.com/group/jpun/)

## SUPPORT JPUN

As a non-profit 501(c)3  
organization, your contribution  
to JPUN is tax deductible.  
Send your contribution  
to: JPUN, 2240 Clay St  
#200, Denver, CO 80211



**FRIEND  
US**

Jefferson Park United  
Neighbors is on Facebook!

# Volunteers Needed for Jefferson Park Day

**JEFFERSON PARK DAY, ON MAY 12TH,  
IS A DAY THAT IS CREATED JUST FOR US!**

It's simple to participate and there are plenty of  
opportunities for you!

There's the morning neighborhood clean up. All you need to do is show up at 8:30 to have a great breakfast with us and then head out into the neighborhood to make sure our streets and alleys are clean. It's a fun and easy way to pitch in and do something great for your community.

Maybe the clean up isn't for you, or you're not an early-riser. Well come a couple of hours later and help us get the park ready for our BIG neighborhood celebration that begins at 11:30. We need help setting up tents, tables, pinatas and more for our neighbors. Then, enjoy a free lunch, get your face painted and hang out in the park. It's also a great way to get to know your neighbors.

**Are you an artist?** We need chalk artist before the big day to announce the event around the park!

**Are you a Local Business?** We are always in need of donations for this annual event. If you can donate time, money or maybe package food or drink... we are always willing to accept. And it is tax deductible!

Contact Kym and [kymandpat@comcast.net](mailto:kymandpat@comcast.net) for more information and details.

## Reminder! Parking Ticket Alert! Street Sweeping Starts - Third Week in April in Jefferson Park Street Sweeping

Residential streets are swept once a month from April through November. Because they can't sweep under parked cars, the City needs your cooperation to move your car on sweeping day. Street sweeping schedules are posted on residential signs which designate the sweeping day for each side of the block.

### Need a reminder?

Use the email reminder form to sign up for email reminders, or you can request "No Parking" sticker reminders for your calendar using the sticker request form. To sign up for street sweeping e-reminders, you need the following info:

- Your property's sweeping week
- Your property's sweeping day
- Your email address

Visit [www.denver.gov](http://www.denver.gov) or [www.jpun.org](http://www.jpun.org) - under Helpful Links to sign up.

- Street sweeping reduces air and water pollution.
- Last year, 41,335 cubic yards of debris was removed from 113,700 miles of Denver streets
- Sweepers are 10.6 feet high and dump trucks are 12 feet high; low hanging branches present obstructions and residents should trim their trees back to 13 1/2 feet above the street and alley.
- In order to help the sweepers go through smoothly, residents should remove items from the curb on street sweeping days.



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ckcouzens@gmail.com

#### Member-at-Large

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Jeff Archambeau  
archambeau-g@comcast.net  
Tom Blyth blythspirit@q.com

## Jefferson Park Pet of the Month



**Name:** Billy • **Breed:** Shih Tzu • **Owner:** Betsy

Billy, a 4 year old Shih Tzu moved in to the neighborhood last August. He is making himself at home by strolling around Jefferson Park every morning & evening, looking for dogs and people to play with. Billy just graduated from doggy school and is a whiz when it comes to sitting, laying down and waiting. He has quite an eclectic palate and enjoys snacks including apples, cheese, bacon and cooked zucchini. If you see Billy strutting along in the streets, please say hello, he would love to meet you!

Would you like to see your pet featured? Please send a photo and a few tidbits about your favorite pet to Cristin at ckcouzens@gmail.com or drop it in her mailbox at 2819 W. 25th St.

Or maybe, Jerry the "pet whisperer" will catch you in the park!

## BETTER BLOCK JEFFERSON PARK

### SAVE THE DATE!

The one-day transformation of Jefferson Park's business district is on the way!

Be sure you mark your calendars for Saturday, June 23rd to come enjoy the day-long streetscape activities and see what Jefferson Park "could be".

Neighbors and businesses alike, are excited to roll out a living vision for the area. The goal is to create a spark for Jefferson Park's business district to transform into a great, walkable destination for the community and in turn create activity on the block that creates growth and discourages vandals and crime.

LiveWell Colorado has joined the effort and Better Block Jefferson Park is gaining momentum and exposure through features in the New York Times, Colorado Public Radio and The Denver Post.

For more information, "Like" Better Block Jefferson Park on Facebook, or contact Gosia Kung at gkungarch.com or Brooke Bailey at 303-667-1710.



## Sassafras American Eatery Opening in May

Sassafras American Eatery will be serving Southern Comfort Food for breakfast and lunch.

Owners Julia Sherman, Katie Trauernicht, and Richard Steward, with more than 50 years of combined experience in the hospitality industry, plan to source with local ingredients, mix up house made sodas, and put their own spin on favorites like fried chicken and biscuits and gravy (chocolate gravy!).

Stay tuned for more information next month.

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## Tips from Family Star Montessori School: Circle of Security

By Lauren Ross, Mental Health Consultant

A parent's job is to be the "home base" for a child, starting in infancy and continuing through the child's life. The "Circle of Security" is a useful map to help parents understand how to support a child's exploration and growth, while also providing essential nurturing and protection. Children have a natural inclination to want to explore their world: an alert infant looks into the eyes of a caregiver and studies a mobile; a toddler wobbles across the room to pick up a toy; a preschooler climbs up the jungle gym and gleefully goes down the slide.

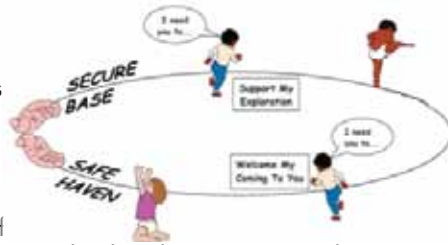
The parent's role (as shown on the top of the circle) is to support this exploration.

The parent encourages the child to explore, celebrates accomplishments ("you did it!"), and provides safe boundaries to prevent accidents. Inevitably (as shown in the bottom part of the circle), a child needs to come back to the parent to "recharge", seeking the safety of the parent's arms to be responded to in a nurturing way.

Children become emotionally disorganized after periods of exploration. This need for internal organization may come from being tired, hungry, frustrated, frightened, etc. and requires support from a caregiver to help feel organized and regulated once again.

Using this map as a guide, I encourage you to reflect on your own parenting experience. Which parts of the circle come the easiest to you? Which parts are more challenging? Are you taking care of yourself so that you have the energy you need to recharge your child everyday?

### CIRCLE OF SECURITY



## Consejos de la Escuela Family Star Montessori: Círculo de Seguridad

By Lauren Ross, Mental Health Consultant

La tarea de los padres es ser la "base" para cada niño/a, desde que nace y durante toda su vida. El "Círculo de seguridad" es un mapa útil para ayudar a que los padres apoyen la necesidad de explorar y crecer del niño, al mismo tiempo que ofrecen los cuidados y protección necesarios. Los niños tienen la tendencia natural de explorar su mundo: un bebé alerta mira al adulto que lo cuida directamente a los ojos y estudia móviles que cuelgan; un niño pequeño que ya camina se tambalea hacia el otro extremo del salón para recoger un material; un niño de edad preescolar se sube a un tobogán y se desliza felizmente. El papel de los padres (como se ve en la parte de arriba del círculo) es apoyar esta exploración.

Los padres alientan al niño para que explore, celebran sus logros (¡lo hiciste!), y ponen los límites de seguridad para prevenir accidentes. Inevitablemente (como se ve en la parte de abajo del círculo), el niño necesita regresar a los padres para "recargarse", buscando la seguridad de sus brazos para ser recibido con cariño. Los niños se desorganizan emocionalmente después de periodos de exploración. Esta necesidad de reorganizarse internamente puede resultar por cansancio, hambre, frustración, miedo, etc. y requiere del apoyo del adulto que los cuidan para sentirse organizados y regulados nuevamente.

Usando este mapa como guía, les invito a reflexionar sobre su propia experiencia. ¿Qué partes del círculo le son más fáciles? ¿Qué partes son más difíciles? ¿Se está cuidando para tener la energía y poder recargar a su niño todos los días?

To Go Menu / Delivery 9am - 2pm  
Family Portions



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| TUESDAY   | — | CHORIZO       |
| WEDNESDAY | — | HAM           |
| THURSDAY  | — | SAUSAGE       |
| FRIDAY    | — | STEAK         |
| SAT & SUN | — | CHEF'S CHOICE |

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**BEAN AND CHEESE**  
WITH GREEN CHILE

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# Mile High 5 Race & Fun Run

April 22nd  
Get Fit and Raise Funds for Our Local Elementary Schools!

**ABOUT:** The Mile High 5 offers a quality 5 mile, 5k, and a 5000ft race, which is open to competitive & recreational runners/walkers. This year the Mile High 5 will benefit partnering NW Denver schools: Brown IB Academy, Edison Elementary, and Valdez Elementary.

**MISSION:** To encourage physical fitness in children, introduce them to a life long love of running and racing, and along the way raise money to benefit partnering Northwest Denver schools.

**LOCATION:** Sloan's Lake - Denver, CO North east side of lake off of W. Byron Pl.

### EVENT SCHEDULE:

- 7:30am - 8:30am - Registration & Packet Pick up
- 8:30am - 5000ft
- 9:00am - 5k (3.1 mile)
- 9:15am - 5 mile

### COSTS:

- Individual 19 - 64 yrs: \$25 | After April 15th: \$30
- Individual 6 - 18 yrs: \$10 | After April 15th: \$15
- Seniors 65+ yrs: \$10 | After April 15th: \$15
- 5000ft: \$5, race shirt optional purchase

### REGISTRATION OPTIONS: **Online at [www.brown.dpsk12.org](http://www.brown.dpsk12.org)**

Your entry into the Mile High 5 includes: Registration for the 5 mile or 5k (3.1 mile), a race t-shirt, ad post-race refreshments, and Earth Day festivities. The 5 mile and 5k (3.1 mile) are chip timed. There is also a 5000ft (almost a mile) fun run.

**In the interest of safety, we ask that strollers go at the end.**

## Early Spring Nutrition Tips

THIS IS TRADITIONALLY A TIME OF CLEANSING. WE LIKE TO FREE OURSELVES FROM THE WINTER STAGNANCE IN MANY WAYS, INCLUDING THE FOOD WE EAT.

Detoxification is often misrepresented in the health food industry. "Cleansing" kits ranging from 7 to 30 days are available for sell and include many beneficial botanicals and amino acids that support the body's natural cleansing process. However, most of these kits give little information on the rest of your diet during the cleanse. In short, if one consumes even moderate daily amounts of refined sugars, the cleanse will not be worth the investment or time.

### There is also much speculation on the different types of cleanses.

Do I fast? Do I refrain from meats? How much wheat grass do I have to drink?

Understand that the body is a naturally cleansing organism. As you read this, your liver is working to bind toxins from food and air as well as metabolic byproducts from the blood to keep you alive. That being said, here are some tips for helping to enhance your natural detoxification:

- Stay Active! We store a lot of toxins in our fat and we must warm the body to pump the fat through our lymphatics and liver to bind toxins for removal and use the fat for energy.
- Quality - Often we think of "Organic" as too expensive and kind of a scam. Putting less toxins in our body, such as the pesticides and other chemicals in conventional food, will put less stress on our liver and it will be able to utilize energy more efficiently. If we purchase our food unprocessed, organic and in season, we will be cleansing more than just our bodies!
- Quantity - We can eat meat and still detoxify! There are beneficial amino acids and B vitamins in meat that support detoxification. Eating lean, grass-fed beef or buffalo along with free range chicken and eggs might be more expensive, but we don't need that much! Did you know that 4 oz. of grass-fed beef contains around 27 grams of protein? That is as much or more than many of us need in one setting.

Be on the lookout for in season produce such as such as chard, kale, dandelion greens, brussel sprouts, red potatoes, asparagus and spinach. If time is an issue, boil/steam a bunch of these fresh veggies and serve with a quality source of protein and spices. The simplicity and nutrient density of this meal will enhance your naturally cleansing system!

*Happy Spring!*

James Morse is a nutritionist, fitness coach, and yoga instructor living in Jefferson Park. Reach him on facebook or email at [gymnicjames@gmail.com](mailto:gymnicjames@gmail.com)



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# SUN VALLEY

## What will make the future bright?

**Decatur-Federal Station Area Plan  
2nd Public Meeting: "Neighborhood Identity"**

**Tuesday April 17, 2012**  
**Fairview Elementary School Auditorium**

**1:30pm - 3:30pm**  
Please join us for our second public meeting for the Decatur-Federal Station Area Plan. At this meeting, we will:

- Report back what we heard at the February Listening Sessions
- Discuss Plan Goals
- Discuss neighborhood connections and identity
- Win Prizes!

**4:00pm - 4:45pm**  
Fun Children's Workshop (Parents must accompany their child)

- Win Prizes!

Food and child care provided.  
Interpretation available in Spanish, Somali, and Vietnamese.

A sign language interpreter and/or CART will be provided upon request with at least three business day's notice by contacting [lorie.kosinski@denvergov.org](mailto:lorie.kosinski@denvergov.org) or calling 720-913-8487.

Visit us at: [www.denvergov.org/decaurfederal](http://www.denvergov.org/decaurfederal)

DECATUR-FEDERAL STATION AREA PLANNING

# Business Improvement District (BID) Update

Last summer the Federal Boulevard Partnership sponsored a streetscape enhancement project with great success. One of the outcomes was an understanding that the desired physical improvements and promotion of the commercial area would require a locally controlled and self-financed organization. The Partnership applied for grant funds to organize and pursue the possibility of creating a Business Improvement District (BID).

The proposed BID along Federal Boulevard is in its initial stages to gauge community interest and gather feedback. For the past six weeks members of the BID team have met individually with commercial property owners to discuss the purpose of a BID and the possible direct impacts a BID would have on their business and property. On March 20th a well attended Open House was held with food provided by Jack Martinez of Jack and Grill, and a panel of BID managers from local BIDs shared their knowledge and experience forming and running their districts.

## The proposed geographic area for the Federal BID is W. 22nd to W. 27th Avenues along Federal and W. 25th Avenue to Eliot Street

The BID project involves a multi-step process to research, organize stakeholders, define the BID (boundaries, scope, budget and timelines), affirm commercial property owner support through a petition drive, and seek Denver City Council's support to form the district.



*BID Open House  
Elliot St. Collective  
March 20th*



A BID is a financing district, which levies an assessment on commercial property for the purposes of enhancing a commercial district.

### Key elements of BIDs include:

- BIDs can finance a wide variety of services, including marketing, maintenance, economic development, public safety, planning, events and parking management.
- BIDs are comprised of commercial property owners and do not include residential properties.
- BIDs are accountable to those who pay through a BID board of directors comprised of property and business owners within the district.
- Services financed by a BID are usually provided by a private sector organization, not government.
- BIDs are initiated by petition of commercial owners of at least 50% of the assessed valuation and at least 50% of the district's land.

Other BID's in Denver area include West Colfax, East Colfax, South Broadway (Englewood), Old South Gaylord, and several others.

To pursue the project, the Partnership has contracted with a BID Consultant and Project Manager. The BID Consultant is P.U.M.A., represented by Anna Jones and Brad Segal. They will provide the knowledge, experience and expertise in all aspects of organizing and creating a BID.

The Project Manager is Carol Sperat, she will assist the BID Consultant team and represent the Partnership's interests. If you have questions about the proposed BID contact Carol at 720-272-0457 or csperat@yahoo.com.

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Facilities District

**SCFD Free Days for  
the April / May 2012**

**Museum of Nature & Science**  
April 22 (Earth Day Celebration)  
May 6

**Botanic Gardens**  
April 22 (Earth Day)

**Denver Art Museum**  
April 7  
April 29 (Día de los Niños)  
May 5

[www.scfd.org](http://www.scfd.org)

**Brown International Academy adopted JPUN's five bronze kids.**

Now they have a home by the front entrance to the school at 26th and Lowell. All materials and labor for installation were donated by the parents and teachers at Brown. This is community spirit at its best.



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**Sports Authority Field Neighborhood Calendar**  
March 1 - July 31, 2012

\*Parking restrictions including Zoning Enforcement and Right of Way Enforcement will likely be scheduled for this event. Illegally parked vehicles in the neighborhoods surrounding Sports Authority Field at Mile High may be ticketed and towed.

April 1	Bridal Festival	12:00 pm 4:00 pm
April 10-14	Car Sale	9:00 am 9:00 pm
April 21	College Lacrosse	1:00 pm 8:00 pm
April 22	Running Race	6:00 am 12:00 pm
April 27	College Lacrosse	2:00 pm 10:00 pm
May 5	Denver Outlaws vs. Hamilton Nationals	7:00 pm 10:00 pm
May 12	Denver Outlaws vs. Long Island Lizards	7:00 pm 10:00 pm
May 19	Denver Outlaws vs. Boston Cannons/CHSAA Championship	4:30 pm 10:00 pm
May 26	Running Race	6:00 am 1:00 pm
June 2	Denver Outlaws vs. Chesapeake Bayhawks	7:00 pm 10:00 pm
June 4-13	Ride and Drive	8:00 am 6:00 pm
June 16	Denver Outlaws vs. Rochester Rattlers	7:30 pm 10:00 pm
June 17	Warped Tour - Music Festival	12:00 pm 10:00 pm
July 4	Denver Outlaws vs. Ohio Machine - Postgame Fireworks	7:00 pm 10:00 pm
July 7	Drums Along the Rockies	6:30 pm 11:00 pm
July 14	Denver Outlaws vs. Charlotte Hounds	7:00 pm 10:00 pm
July 21	*Kenny Chesney Concert	4:30 pm 11:00 pm

**Bridal Festival** This festival will feature everything that goes into making a wedding day special. Many different exhibitors will be available for purchases or questioning. Visit the website for additional information: [www.bridalfestivals.com](http://www.bridalfestivals.com)

**College Lacrosse** The University of Colorado will take on Colorado State University followed by the Littleton Cup (four high school teams compete against each other) on April 21st. April 27th will see matchups of the University of Virginia vs. University of Pennsylvania followed by the University of Denver taking on Duke University.

**Denver Outlaws** The Denver Outlaws kick off their 2012 season at the end of April and have their home opener on May 5th, 2012 at Sports Authority Field at Mile High. For a full team schedule and information, visit their website at [www.DenverOutlaws.com](http://www.DenverOutlaws.com)

**CHSAA Championships** The best high school lacrosse teams from around Colorado come to see who is best in state! For more information please visit [www.chsaa.org](http://www.chsaa.org).

**Drums Along the Rockies** Colorado's premier marching music event is annually one of the best and most popular events of its kind in the world. Drums Along the Rockies has become a Denver institution and a thrilling summer event for families across Colorado.

**Kenny Chesney Concert** Kenny Chesney visits Sports Authority Field at Mile High with Tim McGraw for their Brothers of the Sun Tour. For tickets or the full list of artists, visit the stadium website at [www.SportsAuthorityFieldatMileHigh.com](http://www.SportsAuthorityFieldatMileHigh.com)

**Running Race** Information regarding the running races is forthcoming.

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**Alejandra X. Castañeda**

Spanish-English translator, interpreter and editor

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"If we refuse to translate, we're not living as fully as human beings as we could be." D. Bellos



Mike and Griffin came to accept the WeCAN Do Great Things Award.

West Colfax Association of Neighbors (WeCAN) presents this award once a month to an unsung hero who makes a difference in our community. JPUN was voted the March recipient for spearheading the community movement against the stadium lighting and signage changes.

## Metropolitan Football Stadium District Board Vacancies *by Jerry Olson*

**The Board of Directors of the football Stadium has three positions open for new appointments.**

Applications are now being accepted by the State for two vacancies and the City and County of Denver has one position.

### **The Board consists of nine directors as follows:**

six directors, one from each county in the stadium district, two directors from the State plus the chairperson of the baseball stadium district, also a State appointment. Terms are staggered, running for four years with new appointments slated for the State and City of Denver beginning May 13, 2012.

### **Qualifications as cited in C.R.S. 32-15-105 are broad and include but not limited to:**

public finance; private finance; commercial law; commercial real estate; real estate development; general contracting; architecture; and administration of football operations. Positions are unpaid except for reimbursement of expenses and access to premium stadium seating.

Both football and baseball stadium districts are Special Statutory Districts, created by the State and empowered to build and operate two public facilities, both now owned by the taxpayers who funded most of the construction costs through sales taxes over 20 years. In recent months questions were raised whether the Board of Directors of Metro Football Stadium District was fulfilling its public fiduciary responsibilities by allowing Stadium Management, LLC and Sports Authority, Inc. to apply for new out-sized signs on the banner top of the facility.

The Denver Planning Board agreed with citizen opponents and disallowed the signs at a six hour public hearing on February 15, 2012. More questions have been raised about Term Limits since at least one of the Board appointments has served for over 20 years. Additional background information is available through the Denver Post, the North Denver Tribune and this publication.

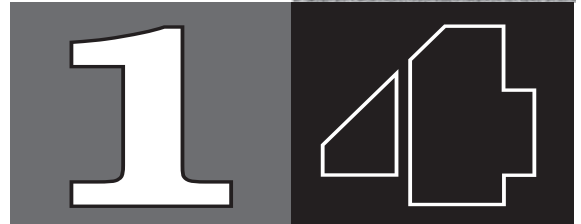
State appointments are made by the Governor with Senate confirmation. Application forms are located on the Boards and Commissions page in the Governor's website: [www.colorado.gov/cs/Satellite/GovHickenlooper/CBON/1249674847715](http://www.colorado.gov/cs/Satellite/GovHickenlooper/CBON/1249674847715)

Applications for the Denver Mayor's appointment are made through this link: [www.denvergov.org/boards\\_and\\_commissions/DenverBoardsandCommissions/tabid/378940/Default.aspx](http://www.denvergov.org/boards_and_commissions/DenverBoardsandCommissions/tabid/378940/Default.aspx). Candidates are encouraged to submit their applications soon.

# Summer is on its way!



Avoid the lines and get your Little Man ice cream at...



## coffee

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**NORTH DENVER DESIGN/BUILD**

# Going to the Dogs



## Bite Prevention Tips

Provided by Denver Animal Shelter and Animal Care & Control

According to the Centers for Disease Control, an estimated 4.5 million dog bites occur in the U.S. each year. Almost one in five of these bites require medical attention.

Fortunately, many bites are preventable by taking a few simple precautions to reduce your risk.

• Spay or neuter your dog. In addition to helping to reduce pet overpopulation, spaying or neutering your dog can help reduce aggressive tendencies by reducing hormones. According to the American Humane Association, Un-neutered dogs are more than 2.6 times more likely to bite than neutered dogs. It's also required by Denver City Ordinance.

• Never leave infants or young children alone with a dog. Children are more likely to unknowingly engage in movements or actions that are unfamiliar and can appear threatening or aggressive to a dog. Children also often lack the experience and knowledge to recognize cues when pets are apprehensive.

• Keep your pet on a leash. Just because your dog is dog-friendly, it doesn't mean everyone else's is. Dogs can be territorial and aggressively defend their space, which can result in human injuries for those trying to intervene. Denver City Ordinance requires dogs to be leashed except in designated dog park areas.

• Don't tether your dog. Dogs that are constantly tethered become much more territorial, and often aggressive, than dogs that are not. If you must tether, it should only be for short periods.

• Ensure your pet is properly trained and socialized. Basic training is as important for the owner as it is for the dog, and socialization is the key. Puppies should be exposed to a variety of people, places, dogs and other animals starting at a young age. As dogs get older, continue this exposure to these elements to ensure that they remain well socialized throughout their lives.

For more information about dog bite prevention tips, visit [www.americanhumane.org](http://www.americanhumane.org). For more information about Denver's animal code or Denver Animal Shelter, visit [www.denveranimalshelter.org](http://www.denveranimalshelter.org).

## Leash Laws Denver's leash law is simple:

Your dog must be on leash at all times, and must be under your control. If you'd like to report a Denver leash law violation, contact:

Denver's Animal Control Division | 303-698-0076  
678 South Jason Street | Denver, Colorado 80223

### Thinking about flaunting the Denver leash law?

You might want to think twice after you check out these hefty fines:

- First violation of the Denver leash law: \$80 fine.
- Second violation of the Denver leash law: \$150 fine.
- Third violation (and subsequent violations) of the Denver leash law: \$300.

Don't turn your dog into a criminal - visit a Denver Dog Park, where dogs can run free...legally!  
<http://dogparksdenver.com/denver-dog-parks>

## Poo Free Parks You must pick up after your dog!

Don't leave dog poop sitting on the ground if it came from your dog's rearend. Don't pretend you don't see it, and don't delude yourself that it will magically disappear if you look the other way. It is illegal if dogs damages or destroys landscaping or fencing, or if the excrement is not removed immediately.

# The Safety Zone by Tom Blyth

## Be Safe - Tips to Protect Your Home

In the last few weeks, burglaries have increased in the south-side of Jefferson Park.

Denver Police Department, District One  
Commander Doug Stephens | Crime Information

Follow these simple steps and you can help reduce your chances of becoming a victim of BURGLARY in NW Denver.

- Lock all doors and windows
- Don't advertise your absence
- Pick up mail and newspapers
- Install Double Cylinder Deadbolts
- USE exterior lighting, Porch lights, front, back and garage
- Leave a radio or lighting turned ON or attached to a timer
- Consider a HOME alarm system
- Secure windows with wood dowel rods
- Iron or Steel security doors with steel plate lock guards
- Call District 1 and advise on vacation absence dates
- Have a neighbor or friend pick up your mail and newspapers, or suspend delivery during your absence
- Have snow removed or yard cared for during absence
- Log serial numbers of items inside your residence
- Know who belongs on your block and report anyone who appears suspicious
- Join NEIGHBORHOOD WATCH

## Please Report All Suspicious Activity - IMMEDIATELY 9-1-1 Emergency (720) 913-2000 Non-Emergency

To start or join a NEIGHBORHOOD WATCH and find out more ways you can protect your home, vehicle, self and family - Please contact your District One Community Resource Officer - Technician Carlos Montoya at 720-913-0461 or e-mail at [Carlos.Montoya@denvergov.org](mailto:Carlos.Montoya@denvergov.org)



## HELP WANTED: Jefferson Park News

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## BECOME A PART OF THE STORY

Send your stories, comments or ideas to Cristin Couzens or Jerry Olson  
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- Full Page Ad: \$100
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- 1/8 Page Ad: \$15

## COMMUNITY RESOURCE

Police, Fire or Medical - EMERGENCY	Dial 9-1-1
Gas Leak or Electrical Emergency - Xcel	800-895-4999 select # 1
City of Denver 311 Help Center	3-1-1 or 720-913-1311
Police - City Non-Emergency Information	720--913-2000
Police - District 1 Station Information only	720-913-0400
Denver Public Library	720-865-1111
Regional Transportation District	303-299-6000